

Getting help for alcohol problems

This handout lists some resources for getting help for alcohol problems.

Some things to think about

- ✓ Alcohol use disorder is a health condition that can improve with treatment.
- ✓ Each person is unique. A treatment that is good for one person may not be a good fit for someone else. Simply knowing the different options can be an important first step.
- ✓ Treatment can be inpatient, where you stay at a facility, or outpatient, where you stay at home. Your insurance plan may cover some treatment costs.

Resources

NIAAA Alcohol Treatment Navigator – from the National Institute on Alcohol Abuse and Alcoholism. Offers an online tool to help you find the right treatment for you – near you. Go to alcoholtreatment.niaaa.nih.gov

SAMHSA National Hotline – from the Substance Abuse and Mental Health Services Administration. A free, confidential 24-hour treatment referral and information service for anyone facing mental and/or substance use disorders. Go to findtreatment.gov or call **1-800-662-HELP (4357)**.

Alcoholics Anonymous (AA) – offers group meetings and a 12-step program to anyone who has a drinking problem. Go to aa.org or call **212-870-3400**

United Way 2-1-1 – to find local programs and resources. Call **211** or go to 211.org

Other people you can talk to about treatment options include your primary care doctor, health insurance plan, local health department, or employee assistance program. You can also ask to talk to a hospital social worker.